

Dr Réginald ALLOUCHE

# La méthode hépato- détox



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## Liver Detox Weight Loss

Lose weight healthily and keep it off by activating your liver

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Author: Reginald Allouche

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A completely new approach to losing weight!

After discovering the role the intestine and microbiota play in maintaining our body's equilibrium, it's now time for the "liver revolution"! Everything that comes out of our intestines has passed through our livers first. In this book, Dr. Réginald Allouche explains that the liver is a major player in weight loss, how fast we can lose weight while avoiding liver exhaustion, how to activate sensors for pleasure and fullness. An easy diet to follow to detoxify the liver while achieving amazing weight loss, and to stabilize our weight in the long term.

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